



## Energy Conservation and Winterization By Scott Weir, Air Quality Coordinator

Conserving energy through wise use saves money and also reduces the amount of fossil fuels (coal, oil/gasoline and natural gas) that is burned. This allows remaining fossil fuel supplies to last longer and also reduces the amount of carbon dioxide (CO<sub>2</sub>) that is released into the air. Reducing CO<sub>2</sub> emissions is the key to slowing the rate of global warming and related climate change. By living with lower indoor temperatures and taking steps to retain heat in your home, you can conserve energy and still live comfortably through the cold winter months. There are a number of no-cost or low-cost steps you can take to reduce heating costs during cold weather.

### No Cost Tips

- 1. Reduce thermostat setting to 68 degrees.** A lower thermostat setting will lower your heating costs. Wearing a sweater and warm socks can make up for the cooler indoor temperature.
- 2. Set back thermostat at night.** Lowering the temperature further at night will save on heating cost.
- 3. Let sunshine in south windows during day.** On cool days, open curtains or shades on south facing windows. Remember to close them on cloudy days and at night to hold heat in. Leave curtains and shades closed on north facing windows.
- 4. Close storm windows and doors.** This creates thermal buffer zones to hold heat in your home.



### Low Cost Tips

- 1. Install a programmable thermostat.** This allows automatic adjustment of day and night temperature settings.
- 2. Replace furnace filter at least once a year.** A dirty filter prevents proper air flow and reduces your furnace's efficiency. Check the filter every one or two months and replace when dirty.
- 3. Have furnace cleaned and tuned.** This assures proper combustion and airflow, keeping you and your family safe and warm.
- 4. Check and replace weather stripping on doors and windows.**
- 5. Close air leaks.** Caulk around windows, add weather-stripping to doors, seal electrical outlets and cracks in the foundation.
- 6. Install clear plastic sheeting on the inside of windows.** This is especially effective if used where there are old, non-thermal pane windows or no storm windows.
- 7. Add extra insulation to floors by covering them with a pad and rug.**
- 8. Add batts of fiberglass insulation to your attic.**
- 9. Insulate hot water pipes in unheated areas to keep hot water hot.**

For more information about winterizing your home, please call Scott Weir at your Kickapoo Environmental Office, 486-2601 ext. 2.

**KICKAPOO  
ENVIRONMENTAL OFFICE**

1107 Goldfinch Rd.  
Horton, KS 66439

Phone: 785-486-2601

Fax: 785-486-2445

E-mail: crystal.wabnum@ktik-nsn.gov

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Community!***

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kickapooenvironmentalprotection.](http://ktik-nsn.gov/kickapooenvironmentalprotection)**

## Water Conservation Ideas

By Tej Attili, Water Quality Coordinator

Conserving water through shrewd use saves money as well as reduces the amount of electricity used by the Kickapoo Water treatment Plant, which in turn reduces the fossil fuels that are burned. By using less water at home, we can reduce the storm water and waste water runoff to Kickapoo streams, which in turn will improve the water quality of the creeks and streams on the Kickapoo Nation. Many water conservation products are available such as showerheads, aerators, toilet water savers that don't require a change in your lifestyle. By using water more efficiently, we can help preserve the Kickapoo water supplies, save money, and protect the environment.



**Low Flow Showerheads:** Showering is one of the top uses of residential water in the United States, representing approximately 17 percent of indoor water. Using low flow showerheads (\$3) will decrease the amount of water you use while showering ultimately lowering the amount of money you spend on your water bill. There are many showerheads available in the stores which dispenses only 1 gallon per minute.

**Toilet Water Savers:** The average person in the United States is responsible for using about 100-150 gallons of water every day. The amount of water it takes to flush the toilet once is approximately the same amount of water the average person in an underdeveloped country uses in one day. This includes all of their water needs. Flushing is one of the biggest sources of water use in houses and offices. Using toilet water savers / water conservation products will help you to conserve water in the home and at work. Flush Conversion Kit (\$24) will control how much water is flushed based on your use of a specific handle.



**Garden and Outdoor Water Conservation:** Measuring water levels is a great way to save water outdoors. While it is important to provide water to plants, equally important is ensuring that they receive the right amount. Overwatering occurs when too much water is used, and is the most common cause of plant deaths. A soil moisture meter (\$6) allows you to keep track of the water levels in the soil of your plants so you know when to provide them with water, and how much. Place the meter into the ground, and watch as it provides soil levels using an analog-style interface. Another outdoor water measuring instrument is a rain gauge. Knowing how much rainfall has been received makes it easier to adjust the lawn sprinklers.



Take outdoor water conservation a step further by using a spray nozzle so you can choose a suitable spray option. For example, the water pressure you might need to water the plants in a garden would be different from the amount of pressure necessary to wash a car. Using a conservation nozzle (\$6) allows only a certain amount of water to be released while still providing ideal water pressure. Reducing water consumption outside is done by simply regulating water usage. Outdoor water conservation, especially during the warmer months of the year, leads to less money being spent on water and sewer bills.



**Kitchen Aerators & Sprays:** Low flow kitchen aerators will save water in your home as well as money on your water bills. The kitchen aerator is simple to install. You can find low-flow kitchen aerators as low as 1.5 gmp. Often we use more water in the kitchen than necessary. You can minimize the amount of water used in the kitchen sink with an eco kitchen aerator. The dual spray swivel aerator (\$3) lets you direct the water flow where it's needed for washing and rinsing faster and more